# MENTAL GAME

**This year we will just be studying our Lady Duster Handbook.**

**These are to be read the night before they will be discussed.**

| Date | Topic | Teacher |
|---|---|---|
| Thursday, December 1, 2011 | Goals and What Is a Competitor? | Coach Benjamin |
| Tuesday, December 6, 2011 | Priorities and Team Spirit | Coach Hellriegel |
| Thursday, December 15, 2011 | Attitude and Gratitude | Coach Perry |
| Monday, December 19, 2011 | Hard Work and Discipline | Coach Jura |
| Wednesday, December 21, 2011 | Christmas Gifts | Coach Benjamin |
| Monday, January 9, 2011 | Responsibility | Coach Hellriegel |
| Monday, January 16, 2011 | Toughness | Coach Perry |
| Monday, January 30, 2011 | Self-Confidence | Coach Jura |
| Tuesday, February 14, 2011 | Love | Coach Benjamin |
| Monday, February 20, 2011 | Faith and Belief and Hope | Coach Hellriegel |
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